



January Events

YFC Board Meeting

Tuesday January 21

6:30 pm

Board meetings are open to the public unless an executive session has been called.

YFC Talk and Tour

Monday February 10

3 pm @ the Co-op

Join us to find out all the ins and outs about co-ops and YFC; and receive a 10% coupon.



Job Opening at the Co-op

Produce Manager

Full Time Salary Position

Please submit an application and

Resume to

info@ypsifoodcoop.org by

February 1

The Job Posting and application are on the website: ypsifoodcoop.org

YFC Social Media:



YPSI MIX

January 2020

312 N. River Street, Ypsilanti, MI 48198

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ypsifoodcoop.org

Happy New Year 2020

Happy New Year to you and yours from all of us at YFC! We are excited for a new year full of new possibilities!

It's that time of year again to renew your YFC membership (unless you are a paid-in-full Gold Card Member with a 4% discount). Now is the perfect time to become a YFC member because our membership runs for the calendar year. If you have not renewed for this year, you

will not receive your 2% discount and will not be eligible to vote in the General Election come May.

If you have not attended an orientation yet, Michelle presents them every month, and gives a great overview of the store, our products, membership and more. Watch our weekly emails and posts in the store for the dates, but the next one is February 10th!

Local Greens at YFC provide a welcome alternative to California lettuce

The holidays are often a time for rich traditional treats, and after this decadent season, it is common to find yourself craving fresh foods! Greens in particular sound so delicious in these first weeks of the new year. However, if you take a look in the produce coolers of Michigan grocery stores, you may find not only fewer of your trusty varieties of California lettuce, spinach, and salad mix, but greens of poorer quality that are more expensive! Some of this scarcity is due to November

outbreaks of *E. coli* bacteria in romaine lettuce from the Salinas Valley, one of the main fall production areas for salad greens in California. *E. coli* contamination is a

serious human health issue, and all romaine lettuce from that growing region in that time-frame was deemed unsafe to consume. Stores and consumers were advised to throw away romaine from Salinas and purchase lettuce sourced from further afield, mainly Mexico. Following these bacterial outbreaks, continuing wet weather throughout December in California also led to difficulties with lettuce diseases such as downy mildew and anthracnose. These diseases pose no



threat to our health, but they reduce quality of lettuce and other greens, causing browning of leaves and yellowed moldy spots. Lettuce affected by these diseases also will not store well, as tissues continue to decay in the cool conditions of the refrigerator. All of these issues add up to more expensive salads that just don't taste as fresh!

Luckily, the Ypsi Food Co-op is on the case! In an effort to both support our fabulous local growers and help you satisfy that healthy

luscious bunches of lacinato and curly kale, as well as tender and delightful spinach. Pakhabari supplies the Co-op with great herbs as well; curly parsley and zesty

cilantro to kick those winter blues with some tabouli or tacos. They also supply us with celery, swiss chard, green onions, shallots, leeks and garlic!

From **Ferris Farms** (or the Good Shepard Farm) in Pittfield, there are delicious salad mixes (the Power Mix is our recurring favorite, a bright blend of lettuces, sorrel, chard, spinach, kale and orach).

From **Old City Acres** in Bellville, we

get a hearty winter salad mix (spinach, arugula, baby greens) that is able to grow even in Farmer Alex's unheated greenhouse tunnels!

And last but not least, small but mighty, are the tasty microgreens and pea shoots grown by **Garden Party** in Ann Arbor and **Farmer Bruce** in Ypsilanti.

As the season progresses and our farmers get more hours of daylight, be on the look-out for local lettuce heads, bags of arugula and baby lettuce, and other excellent produce.

These local greens have many advantages. They are extremely fresh, often picked the day of delivery to the store, and will therefore keep very well in

your fridge at home. They also travel a much shorter distance, reducing carbon emissions and once again, providing superior quality and freshness. In addition, these contributing farmers use organic and natural pest control techniques, and maintain small operations, where food safety issues can be more easily minimized than on the enormous farms on the west coast.

Though we say you should *always* wash your produce before eating it, no matter where you get it, with these greens you know you're getting a product handled with care and typical farmer perfectionism! So enjoy some salad, kale smoothie, stir-fry, or a spinach omelet made with good stuff grown locally.

Written by: Charlotte (YFC Produce Manager)



Double Up Food Bucks

Fair Food Network's Double Up Food Bucks program doubles the value of SNAP benefits for produce spent at the food co-op. We are excited to announce that the Ypsilanti Food Co-op has been re-accepted to participate in the Double Up Food Program for 2020! Great way to get plenty of greens this winter and support our local farmers!



Doors

You may be wondering what just happened, but it has been in planning for a while! With the support of a City of Ypsilanti DDA Grant, new doors were installed for the whole building in December. Not completely finished, they are working and create a new accessibility to the co-op! The doors now swing out, and have crash bars for emergency egress. Their largeness allows us to be able to move equipment into the building, whereas in the past we had to remove the whole door framing! They are also fitting with the history of the building.

This was a project of the Ypsilanti Mill Works, the owners of the building, and just the beginning of the expansion of the coop and

